

Wave

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Celebrating 100 Years Of Public Health Service

Since 1906, the City of Long Beach Department of Health and Human Services (Health Department) has played a vital role in shaping the health of the Long Beach community by ensuring it has a healthy environment in which to live, work, and play.

A hundred years ago, Long Beach had a population of about 10,000. The city had no sewers and health problems such as whooping cough, diphtheria, tuberculosis, and livestock-related illnesses impacted nearly 3,000 of those residents. The Health Department was established and Dr. W. Harriman Jones became the City's first Health Officer. Dr. Jones' horse and buggy was a familiar sight as he went about the city inspecting milk and water sources, and laying the groundwork for the first sewer system.



Health Department staff members then included a sanitary inspector, milk inspector, clerk, veterinarian, and part-time bacteriologist. The Department's primary responsibilities included quarantining for communicable diseases, inspecting cows which provided families with their own milk and butter, conducting rodent control programs, registering births and deaths, and issuing burial permits.

Now, the Health Department serves almost 500,000 residents and processes nearly one million client visits annually through a wide range of public health and human service programs. Special events honoring public health services will take place throughout the year. Visit www.longbeach.gov/health or call 570.4542.

Port To Plant Neighborhood Trees

The Port of Long Beach is beginning a six-year tree-planting program to improve neighborhood schools, parks, and open spaces in and around the Long Beach (I-710) Freeway transportation corridor.

The Board of Harbor Commissioners approved \$400,000 for the first two phases of the Port's multi-year Harbor Arbor Day Program. The Program intends to help offset the impacts of Port operations in neighboring communities.



brings both of those elements together."

The Port's Community Relations and Government Affairs Division worked with multiple city and community groups to develop a list of 12 projects to be implemented during the next six years. The Program sites include four elementary schools, four parks and two "open spaces" owned by the City of Long Beach, the Wrigley Green Belt and the Los Angeles River Bike Trail. Visit www.polb.com for details.

The Program will provide trees, shrubs and other sustainable landscaping to improve air quality, reduce noise, decrease nearby summer temperatures and beautify neighborhoods surrounding the I-710 Freeway, one of the primary transportation corridors for goods movement at the Port of Long Beach.

"Two key elements of our Green Port Policy are community outreach and environmental sustainability," said Harbor Commission President Doris Topsy-Elvord. "This program

In This Issue

1 Celebrating 100 Years Of Public Health Service
Port To Plant Neighborhood Trees

2 West Nile Virus: Be Prepared

In The News . . .

- Paying A Parking Ticket? • Sign Up For Level Pay Plan
- Save Time & Postage • Be In The KNOW

Continue To "Fight The Bite" By Eliminating Mosquito-Breeding Sites . . . West Nile Virus: Be Prepared

Did you know that many people infected with the West Nile Virus (WNV) had mosquito-breeding sources in their own backyards?

The City's Department of Health and Human Services (Health Department) encourages residents to take precautions against WNV by protecting themselves from mosquito bites and eliminating mosquito-breeding sources around their homes.

Health officials believe that "backyard" breeding sources are the cause of many cases of WNV. Common backyard mosquito-breeding sources include non-functioning swimming pools and spas, broken fountains and bird feeders, and anything that can hold standing water such as old tires, buckets or containers.

WNV is a disease that is carried by mosquitoes. The majority of people infected with the virus have a mild illness or no symptoms. In some rare cases, the virus can cause a more serious condition called encephalitis, an inflammation of the brain. Last year, there were 2,676 cases, including 91 deaths, associated with WNV nationwide. In past years, the Health Department has identified WNV in both animals and humans, and health officials expect the same in Long Beach for this year. WNV has already

been detected in Northern and Southern California.



To protect yourself and your family against WNV and other mosquito-borne diseases, and to lower mosquito populations, please follow these guidelines:

- Eliminate all sources of standing water on your property.
- When outside, apply insect repellent containing DEET (10-30%), Picaridin, or Oil of Eucalyptus.
- Avoid spending time outside when mosquitoes are most active, especially at dawn and dusk. If outdoors during these times, wear long pants, long sleeve shirts and other protective clothing.
- Make sure that doors and windows have tight fitting screens. Repair or replace screens that have tears or holes.
- Report dead birds to the California Department of Health Services by calling 1.877.WNV.BIRD, or visit www.westnile.ca.gov.

If you have any questions regarding mosquito control measures in Long Beach, please contact the Health Department's Vector Control Program at 570.4132 or visit www.longbeach.gov/health.

IN THE NEWS...

Paying A Parking Ticket? It's Easy!

You can pay parking tickets by telephone or online 24-hours-a-day, seven-days-a-week by using your VISA or MasterCard credit or check card. To pay by telephone, call 570.6822. To pay online, visit www.longbeach.gov, link to City Services, and click on Parking.

Sign Up For Level Pay Plan

Now is a good time to take advantage of the City's Level Pay Program for your natural gas bill. Level Pay takes the average of your last 12 bills, which generally represents the lowest summer and highest winter usage, to determine a monthly bill. With Level

Pay, your winter payment is usually less than what a typical winter bill would be. To participate, call 570.5700, or visit www.longbeach.gov/utilitybilling.

Save Time & Postage

Have a question about your gas or water bill? You can get answers 24-hours-a-day by visiting the City's online services to request turn on, turn off or transfer services, pilot lighting services, update billing information and request a bill review. Visit the self-services center at www.longbeach.gov, link to City Services, and click on Utilities.

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Be In The KNOW!

Disaster Communication

Here's where you can get Long Beach information during a disaster:

- The City's homepage, www.longbeach.gov
- The City's Emergency Hotline, 570.8282
- LBTV, Channel 8, Charter Communication
- KKJZ, 88.1 FM

Regional information is available at:

- Local TV and online media sources
- Radio sources including KFWB 980 AM, KFI 640 AM, and KNX 1070 AM